

## TRACKING BLOOD SUGAR RESULTS

It is important to write down your blood sugar (glucose) results. They help your healthcare provider know how to keep your blood sugar in a healthy range.

Use the log book that comes with your glucometer or you can use a notebook.

Bring your glucometer to your medical visits.



**This is a sample of how to write down your blood sugar results.**

### Sample recording form

Daily Diabetes Record									
	Fasting blood sugar	After breakfast sugar	Pill or Insulin taken	Before/ after lunch sugar	Pills or Insulin taken	Before/ after dinner sugar	Pills or Insulin taken	Bedtime sugar	Notes— exercise, Travel, sickness
Oct 10	95	160	NPH	101/165	-	98/150		110	Exercise
Date									
Date									

Your healthcare provider will help you decide when to check your blood sugar. For example, you may need to check blood sugar in the morning before you eat (fasting), before meals, after meals, and/or at bedtime.

Check your blood sugar at the following times:

\_\_\_\_\_

\_\_\_\_\_

# Starting Insulin – a patient guide

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These things can change your blood sugar:

- What you eat
- How much you exercise
- When you take your diabetes medicine
- Stress, illness, and travel
- Some medicine, such as steroids or liquid medications that contain sugar

**The range for good blood sugar readings is:**

- **Between 70 and 130 mg/dL before a meal.**
- **Less than 180 mg/dL two hours after a meal.**

Ask your healthcare provider for your own blood sugar goals.

Your blood sugar range is \_\_\_\_\_mg/dL.

Place label here.